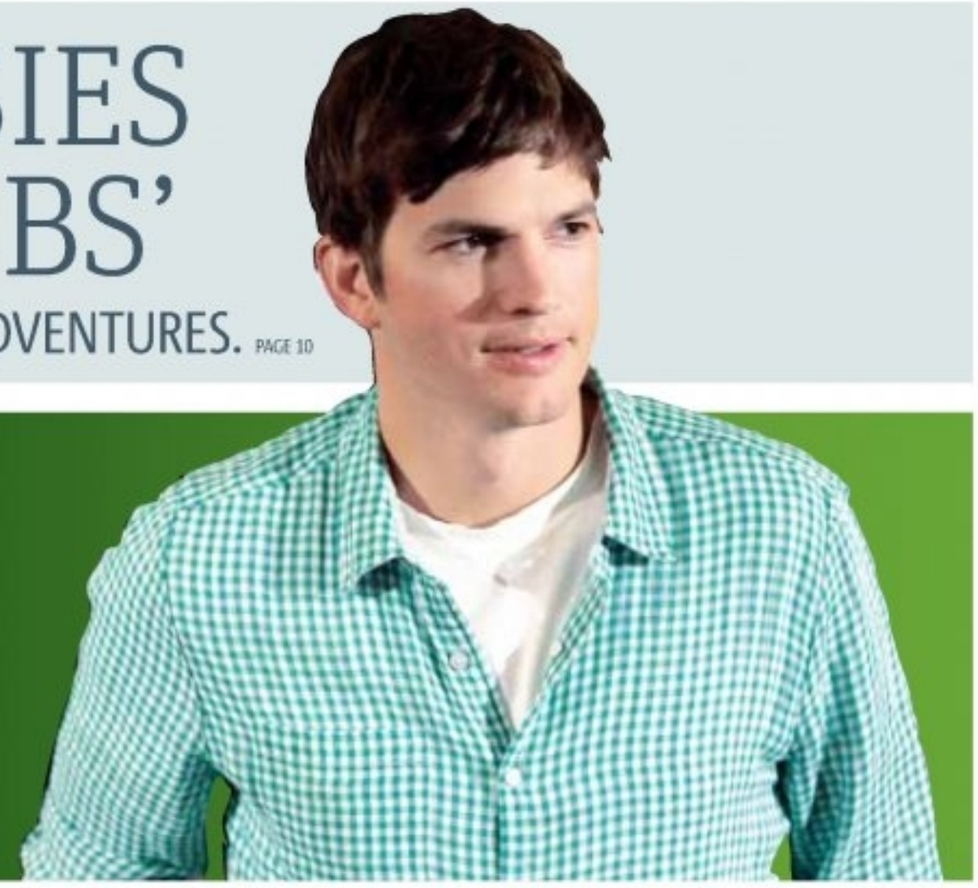
ASHTON KUTCHER BUSIES HIMSELF WITH ODD 'JOBS'

PREPPING FOR BIOPIC OF APPLE CHIEF INCLUDED DIETARY MISADVENTURES. PAGE 10



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BOSTON Wednesday, August 14, 2013 www.metro.us | t: MetroBOS | f: MetroBoston

Sup, shutterbugs?

PAGE 05

Supshot founders are, from left, Azeem Khan, 25, Afshan Nasseri, 16, Logan Spence, 21, and Neal Gardner, 24. The app lets smartphone users upload their photos and sell them. / NICOLAUS CZARNECKI, METRO

Tsarnaev's friends plead not guilty to obstruction

Not our boys. Families of the UMass Dartmouth teens attended arraignment to proclaim their sons' innocence. **Accusations.** The two allegedly removed items from the accused Boston Marathon bomber's bedroom. PAGE 02

BU approves college coed cohabitation

PAGE 04

How to eat like an Ol' Dirty Bastard

PAGE 11

Perfect the Shabby Chic approach

PAGES 16-17

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BOSTON UNIVERSITY

1 NEWS

Today's tweet

"Just touched down in beantown time to get my paul revere on #boston"

Brits in Boston, be warned: @petschke22 is coming.

Top 3

What's trending online at Metro.us

1 Photos: 'Weird Royal Baby swag on the Internet'

2 'Florida woman begs for money to buy breast implants'

3 'Video: Woman thinks mailman is stalking her'

Tsarnaev pals' families say teens did not obstruct justice

Bombing probe. Two teens are accused of obstructing justice in the Boston Marathon bombing investigation.

The duo accused of throwing out evidence related to the Boston Marathon bombing investigation pleaded not guilty to federal obstruction of justice charges yesterday.

Azamat Tazhayakov and Dias Kadyrbayev, both 19 and nationals of Kazakhstan, pleaded not guilty to conspiracy to obstruct justice and obstruction of justice. They were indicted by a federal grand jury last week.

Dressed in orange prison jumpsuits, the teens only said "not guilty" during their brief arraignment. They were being held in jail since they were charged in a criminal complaint in May.

Tazhayakov's father, mother and siblings were in court and seated in the first row. Tazhayakov turned a couple of times to see his family, smiled broadly and waved. Kadyrbayev's father was also in court and his son also turned to him to smile.

Both families declared their sons innocent.

"He feels very bad for everyone who suffered," Murat Kadyrbayev, the father of Dias Kadyrbayev, said through an interpreter. "He prays for their souls."

Amir Ismagulov, Tazhayakov's father, said "absolutely not guilty" when asked about his son's charges. He said it's painful to know his son is in jail.

Amir Ismagulov, left, speaks to the media regarding his son, Azamat Tazhayakov, outside the federal courthouse yesterday with Tazhayakov's lawyer, Arkady Bukh, by his side. / NICOLAUS CZARNECKI, METRO

Kadyrbayev's lawyer said the teen did not know accused bomber Dzhokhar Tsarnaev was being sought by authorities.

"He had no intent to help Dzhokhar. He did not know that Dzhokhar was involved and he did not obstruct justice," said Attorney Robert Stahl said.

The teens met Tsarnaev while attending UMass Dartmouth.

According to the indictment, Tazhayakov and Kadyrbayev "entered Dzhokhar Tsarnaev's dormitory room, removed several items from the room, including Tsarnaev's laptop computer and a backpack containing fireworks," and discarded them.

More than 30 agents searched a landfill in the days following the bombing to find the backpack. In it they found fireworks, a jar of Vaseline, a thumb drive and a UMass Dartmouth homework assignment sheet.

The indictment identifies a third person who is cooperating with authorities, but it does not name the person.

Robel Phillipos, 19, of Cambridge, has been out on bail since being initially charged with and pleading guilty to lying to authorities investigating the obstruction. He has not been indicted.

Prosecutors said they expected to call between 15 and 20 witnesses during the trial and expected it to last about two weeks. The teens face up to 25 years in jail and $500,000 in fines. Prosecutors also said the teens could be deported.

MICHAEL NAUGHTON
michael.naughton@metro.us

Florida investigation

A friend of deceased bombing suspect Tamerlan Tsarnaev who was fatally shot by FBI agents was unarmed and was a conscientious and responsible man, his father told reporters yesterday.

- Speaking at the Florida offices of his new legal team, Abdulbaki Todashev, the father of Ibragim Todashev, said his son was a "good boy," according to the Orlando Sentinel.
- Todashev was killed in May during what authorities said was a violent confrontation he initiated after being questioned for hours by the FBI and Massachusetts State Police about his relationship with Tamerlan Tsarnaev.
- Lawyers for the older Todashev said they are monitoring the ongoing investigation.

Quoted

"He had no intent to help Dzhokhar. He did not know that Dzhokhar was involved, and he did not obstruct justice."

Attorney Robert Stahl
Kadyrbayev's lawyer

Police shooting. Cops fire at Roxbury drive-by suspect, no one injured

At least one Boston police officer fired his gun at a Roxbury man who police say shot at a car driving through Dorchester early yesterday morning.

Michael Coke, 38, was ordered held on $200,000 bail for multiple gun charges as well as being an armed career criminal because of his prior convictions, authorities said.

Officers spotted Coke shooting at the car and ordered him to drop his weapon. He refused, police said. No one was injured. **MICHAEL NAUGHTON**

Identity theft

Cop convicted of RX fraud

A retired Watertown policeman man pleaded guilty yesterday to committing prescription fraud while working as an officer. Joseph Deignan, 58, forged oxycodone prescriptions by using another person's identity while working as a traffic supervisor. **METRO**

Cambridge hold up

MBTA video shows suspected bank robber

The suspect / TRANSIT POLICE

Transit Police put out a plea yesterday asking for help identifying a man suspected of robbing a Kendall Square bank on July 25.

Surveillance footage shows the suspect peeping up at a camera before entering the Kendall/MIT station.

The man allegedly presented a demand note to the teller and then fled the bank with an unspecified amount of money. **METRO**

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Flower power

Daffodils to adorn 26-mile Boston Marathon route

The 26.2 miles that make up the Boston Marathon route will soon be adorned with flowers that represent a new start through the Marathon Daffodils project.

Organizers said The Tower Hill Botanic Garden, the Massachusetts Horticultural Society, New England Wildflower Society and others have agreed to help.

The yellow daffodils are expected to be in bloom during the 2014 marathon. GLOBE

MBTA crash

Buses collide at Ruggles Station

Two buses collided at Ruggles Station around 4 p.m. yesterday, injuring nine people. Most victims reported neck or back pain. One driver will be cited for following too closely. METRO

Rear-ended / NICOLAUS CZARNECKI, METRO

Smoke screen

Canton raises age to buy cigarettes

In an effort to make it more difficult to buy cigarettes, Canton voted Monday to raise the legal age to purchase tobacco products from 18 to 21 years old.

Electronic cigarettes are exempt from the town's ban, as lawmakers said they may help people who are trying to quit smoking real cigarettes, The Patriot Ledger reported.

The regulation begins Jan. 1 and includes a provision that would repeal the regulation after five years if it's proven ineffective. METRO

Coed cohabitation. BU approves gender-neutral housing starting in fall

Boston University has become the latest institute of higher learning to do away with a policy that keeps men and women from living in the same dorm rooms.

The university said yesterday that President Robert Brown approved a recommendation to introduce gender-neutral housing as an option to most students. The option begins this fall in a direct-swap program and will expand in the spring.

Freshman students are not eligible for the gender-neutral housing option because the school assigns their residence hall.

"This is about empowering students to make choices about how they live and giving them a greater measure of control over their college experience," Dean of Students Kenneth Elmore said in a statement. "This is really about your choice of who you live with. Your preference about gender and how you perceive it is really not our concern."

According to BU, a 2012 survey conducted by the student government showed that about 2,000 students supported the policy change and that about 500 students would chose the option themselves.

Besides freshman residence halls, rooms and suites within specialty housing are not available to be gender neutral. Also, the school is excluding large, dormitory-style residence halls with shared community bathrooms from the new policy.

The school also said that no student will be required to live in gender neutral housing without their consent.

About 80 percent of the school's students live on campus, according to the university. More than 16,000 undergraduates are enrolled.

MICHAEL NAUGHTON

TD Garden, city volunteers help gear up for back-to-school

Scores of volunteers stuffed backpacks full of school supplies for needy children who will soon be returning to the classroom. The assembly line at the TD Garden was put on by Garden Neighborhood Charities, the Salvation Army and the city of Boston. The volunteers prepared about 4,000 backpacks for the annual Back to School Celebration to be held later this month at the arena. / NICOLAUS CZARNECKI, METRO

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Attacks on women

Accused Amy Lord killer due in court

A man who investigators believe kidnapped and stabbed 24-year-old Amy Lord in South Boston last month is due in court today on charges he attacked two other women around the time of the killing.

Edwin Alemany, 28, is expected to return to South Boston District Court today for arraignment on a pair of complaints charging non-fatal attacks on women on July 23 and July 24 — both within 24 hours of Lord's July 23 slaying.

Alemany FILE PHOTO

Alemany was arrested for those incidents on July 24, but at his first court appearance the next day, he was sent for a mental health evaluation at Bridgewater State Hospital.

While Alemany was held at the secure facility, prosecutors approved a warrant charging him with murder of Lord, whose body was found dumped in the Stony Brook Reservation.

He is expected to face arraignment on that charge on Thursday in West Roxbury District Court.

METRO

From left, here's Azeem Khan, 25, Afshan Nasseri, 16, Logan Spence, 21, and Neal Gardner, 24, of Supshot, which lets smartphone users upload their photos and sell them. / NICOLAUS CZARNECKI, METRO

Smartphone shutterbugs see what's up

Mobile app. A local startup offers a legal way to share and license amateur cell phone photos.

Hurricane Sandy and the Boston Marathon bombings helped inspire a group of Boston entrepreneurs to launch a mobile app that lets non-professional photographers snap and sell pictures taken with their smartphones.

Creators of Supshot believe that the app, available on the iPhone, will come in especially handy during breaking news events, for smartphone-armed bystanders to capture the moment and offer it to the public.

"I honestly think the media will be the biggest customer. Bloggers, editorial magazines, travel magazines, newspapers," said Azeem Khan, who launched the app last month along with co-founders Neal Gardner and Logan Spence.

The app offers three licensing options: Buyers can either offer their photos free of charge, sell them non-exclusively for $15 a pop or charge $30 for exclusive rights.

The app offers amateur photographers the ability to monetize their craft.

"So many people can take a great photo and share instantly. During the [Boston Marathon] bombing, so many news companies were asking people to use their photos," said Gardner.

"Pretty much anyone in the right place at right time can get an amazing picture with their phone, make some money and get it out there."

More than 1,000 photos have been shared so far.

MORGAN ROUSSEAU
morgan.rousseau@metro.us

Sup, Supshot?

There are an estimated 1.5 billion smartphones users in the world.

- Using hashtags, photos are tagged by the location and time of the photographed event.
- There is no limit on how many photos users can upload or purchase.
- Creators are working on allowing videos to be licensed through Supshot.

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Oops. Detroit advertised wrong date for upcoming election on billboards

Renting billboards to tout Detroit's upcoming election was a good idea until the wrong date was put on 14 of them over this past weekend, city officials said.

Detroit, which has filed for the largest bankruptcy in U.S. history, chooses a new mayor in the next general election, on Nov. 5. But billboards that the city of Detroit commissioned read that the election would take place on Sept. 2.

The billboards were initially put up to pitch a previous election. Detroit City Clerk Janice Winfrey said yesterday that the local billboard company on Saturday updated the signs to highlight the general election, but with the erroneous September date.

Winfrey, who as city clerk also heads the Detroit Department of Elections, said her department approved samples of the initial billboards but did not see samples of the updated ones. REUTERS

$11B merger

Justice Department sues to block merge of AMR-US Airways

The Justice Department filed an unexpected lawsuit to block the merger of American Airlines parent AMR Corp. and US Airways Group Inc., saying the deal would hurt consumers by leading to higher fares and fees.

The $11 billion merger would create the world's largest airline after four other major U.S. carriers combined in recent years. REUTERS

Floodwaters sweep away teenage girl in Colorado

Devastation. More than 30 buildings in Manitou Springs were damaged or destroyed.

This picture shows the foundation of a house washed away by floodwaters in Manitou Springs, Colo. / GETTY IMAGES

A 17-year-old Colorado girl became the second fatality in five days in the Pikes Peak region when she was swept down a swollen creek after apparently taking shelter under a bridge from rain and pounding hail, police said yesterday.

Rose Hammes had gone for a walk Monday afternoon and called her parents to say she was taking shelter under the bridge, Colorado Springs police said in a statement. When her parents could not reach the girl on her cell phone, they called police.

Search and rescue crews searched the area downstream and hours later found her body in a canal off Sand Creek, about a half-mile from where she was last seen, police spokeswoman Barbara Miller said.

Hammes is the second person to die from rising waters and flooding as daily monsoonal rains have saturated the area for more than a week. The El Paso County Coroner's Office ruled she died from blunt force trauma and drowning.

Her death came after a 53-year-old man drowned on Aug. 9 when heavy rains sent a wall of water and debris down a canyon denuded by a 2012 wildfire and onto a highway. His body was found covered with debris, outside his vehicle, along the road.

The debris flow from that flash flood roared into the town of Manitou Springs, about 6 1/2 miles west of Colorado Springs at the foot of Pikes Peak, the mountaintop whose panoramic summit vistas inspired the song "America the Beautiful." REUTERS

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California billionaire unveils futuristic 'Hyperloop' transport

Plan. As many as 28 passengers could ride in each pod and the system could even transport cars.

California billionaire Elon Musk took the wraps off his vision of a futuristic "Hyperloop" transport system this week, proposing to build a solar-powered network of crash-proof capsules that would whisk people from San Francisco to Los Angeles in half an hour.

In a blog post, Musk, the chief executive of electric car maker Tesla Motors Inc. described in detail a system that, if successful, would do nothing short of revolutionizing intercity transportation. But first the plan would have to overcome questions about its safety and financing.

The Hyperloop, which Musk previously described as a cross between a Concorde, rail gun and air-hockey table, would cost an estimated $6 billion to build and construction would take seven to 10 years.

Musk, who in the past has hinted at the hopes of building such a system, proposed the Hyperloop as an alternative to a $68 billion high-speed rail project that's a major priority of California Gov. Jerry Brown. It would be safer, faster, less expensive and more convenient, Musk said in the blog post.

But not everyone is convinced the project is a good idea.

Jim Powell, a co-inventor of the bullet train and director of Maglev 2000, which develops high-speed transport systems using magnetic levitation, said the system would be highly vulnerable to a terrorist attack or accident. REUTERS

Musk envisions capsules departing every 30 seconds at peak times. / GETTY IMAGES

Quoted

"I've come around a little bit on my thinking here. ... Maybe I could do the beginning bit and then hand it over to somebody else." Musk

Virtual currencies.
Senate panel kicks off broad look at Bitcoin

A powerful Senate committee has started an inquiry into Bitcoin and other virtual currencies, asking a range of regulators to list what safeguards are in place to prevent criminal activity.

The Senate Committee on Homeland Security and Government Affairs in an Aug. 12 letter to Secretary of Homeland Security Janet Napolitano also said it had started interviewing people about the risks — and promises — of virtual currencies.

Virtual currencies "can be sent nearly anonymously, leaving little or no trail for regulators or enforcement agencies," said the letter, which was signed by committee Chairman Tom Carper, a Democrat from Delaware, and ranking member Tom Coburn, an Oklahoma Republican. REUTERS

Investment

Icahn has large Apple stake; calls company undervalued

Activist investor Carl Icahn said yesterday he now has a "large stake" in Apple Inc., which he believes to be extremely undervalued.

The billionaire, with a reputation for pushing aggressive corporate change, said on Twitter he discussed a larger buyback program with Chief Executive Officer Tim Cook. REUTERS

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Beef plant

Video of 'lame' cattle stirs concern over growth drugs

At a beef industry conference in Denver last week, the animal health auditor for meat producer JBS USA presented a video showing short clips of cows struggling to walk and displaying other signs of distress. The animals appeared to step gingerly, as if on hot metal, and showed signs of lameness, according to four people who saw the video.

The people in attendance said the video was presented by Dr. Lily Edwards-Callaway, the head of animal welfare at JBS USA, as part of a discussion on the pros and cons of using a class of drugs known as beta-agonists, the additives fed to cattle in the weeks before slaughter to add up to 30 pounds to bodyweight and reduce fat.

REUTERS

Artist turns train into yarn

Crochet artist Olek, whose real name is Agata Oleksiak, has completed her largest "yarn bomb" to date, covering a full-scale Px48 steam locomotive engine and carriages in crochet. Olek worked around the clock for two days in Poland to cover the train in yarn.

METRO WORLD NEWS

Hospital worker pleads guilty in hepatitis case

Deadly. The disease can cause liver damage, as well as other health issues, and can be fatal.

A former hospital technician in New Hampshire who caused patients as old as 80 to become infected with hepatitis pleaded guilty to leaving dirty syringes for hospital use after he injected himself with stolen painkiller.

The technician, David Kwiatkowski, had previously admitted to knowing that he was infected with hepatitis C.

In papers filed on Monday in federal court in New Hampshire, Kwiatkowski told police after his arrest in July 2012 that he realized his actions could "kill a lot of people," according to court papers.

He was working at Exeter Hospital in early 2012 when he began stealing syringes of the powerful pain medication Fentanyl. Hospital workers unwittingly used the refilled dirty needles on patients.

Kwiatkowski estimated he swapped out syringes on about 50 occasions while working at Exeter Hospital. He said he had also swapped out syringes at least 20 times when he worked in Kansas and 30 times in Georgia, court documents said.

After he began working at Exeter Hospital in 2011, hospital officials identified several unexplained cases of hepatitis C, and an investigation showed the outbreak came from drugs diverted by Kwiatkowski, who denied knowing that he had the disease.

Police searched his car and found an empty syringe with a blue "Fentanyl" label similar to those used at Exeter Hospital, along with several needles, one containing Kwiatkowski's DNA.

REUTERS

Guilty

7

He pleaded guilty to seven counts of tampering with a consumer product and seven counts of obtaining controlled substances by fraud. The charges carry a 30- to 40-year prison sentence.

Quoted

"It was all me. ... And I'm going to kill a lot of people out of this. ... I'm killing a lot of people."

Kwiatkowski
told investigators

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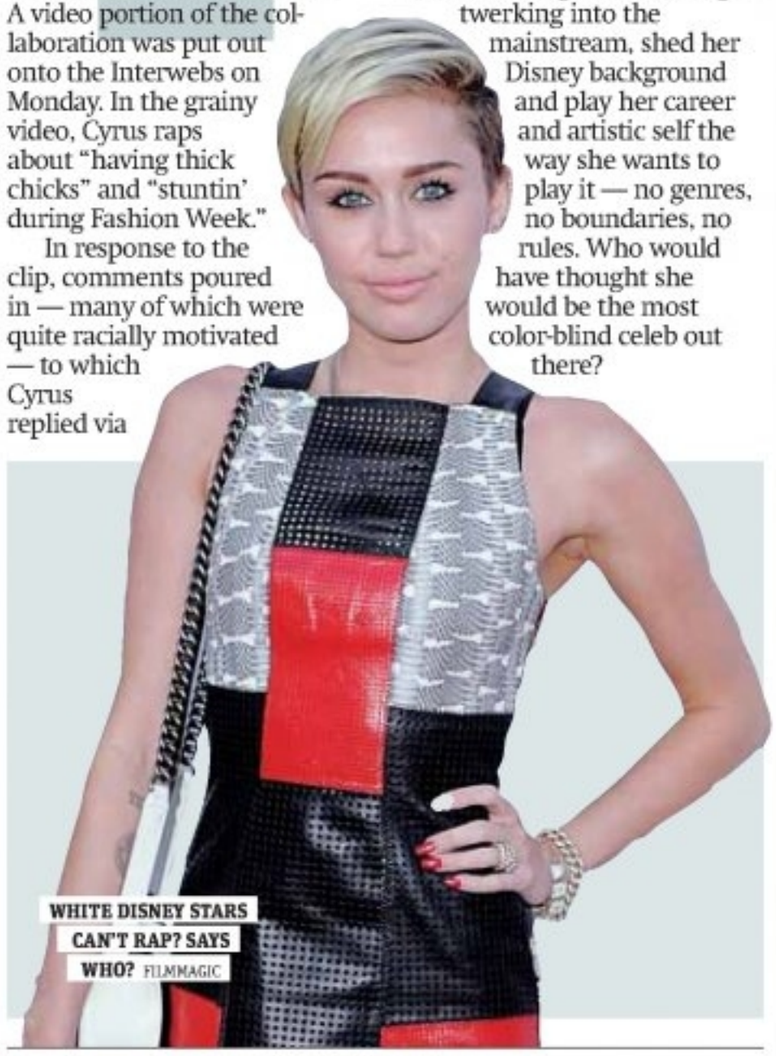
Miley Cyrus knows she is white, m'kay?

Miley Cyrus, who is white, teamed up with French Montana, who is Moroccan, for a remix of his hit song "Ain't Worried 'Bout Nothin.'" A video portion of the collaboration was put out onto the Interwebs on Monday. In the grainy video, Cyrus raps about "having thick chicks" and "stuntin' during Fashion Week."

In response to the clip, comments poured in — many of which were quite racially motivated — to which Cyrus replied via Twitter, "I know what color my skin is. you can stop with the friendly reminders b — h."

It's been interesting to watch the singer, who brought twerking into the mainstream, shed her Disney background and play her career and artistic self the way she wants to play it — no genres, no boundaries, no rules. Who would have thought she would be the most color-blind celeb out there?



WHITE DISNEY STARS CAN'T RAP? SAYS WHO? FILMMAGIC

Usher's son released from hospital

After a scary week in which Usher's son, Usher Raymond V, known as "Cinco," was in the ICU after a near-fatal drowning accident, the 5-year-old was released on Tuesday.

It's been an emotionally fraught few days for the singer. In an emergency custody hearing on Monday, Usher's ex-wife, Tameka Foster Raymond, tried to get Usher's primary custody rights changed. But the judge ruled with the singer; Cinco and his brother, Naviyd, 4, will remain with him.

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
@dorothyatmetro
dorothy.robinson@metro.us

MAYIM BIALIK FILMMAGIC

Mayim Bialik talks about divorce

Mayim Bialik, the actress and outspoken advocate of all things natural and motherhood (co-sleeping, attachment parenting, etc.), is writing about her divorce on the website Kveller.com, a site for Jewish mothers.

"I wanted to write about some of the more complicated aspects, and specifically there's certain things to Jewish divorce that people don't know about," she tells Access Hollywood Live. "It's very intense. So I wrote about some of those aspects in hopes of maybe [being] helpful to other people."

The Oprah Winfrey controversy continues. / GETTY IMAGES FOR TWC

Oprah backtracks from Swiss Handbaggate

Look. Someone refuses to show Oprah Winfrey a $35,000 handbag and of course it becomes an international incident. But now the entertainer wishes everyone hadn't made such a big deal about not being able to buy it because the store clerk assumed she couldn't afford it. "I think the incident in Switzerland was just an incident in Switzerland," Winfrey says, according to the BBC. "I'm really sorry that it got blown up. I purposefully did not mention the name of the store. I'm sorry that I said it was Switzerland. It's not an indictment against the country, or even that store. It's just one person who didn't want to offer me the opportunity to see the bag."

Talking points

Mom Beckham: We're normal!

In the September issue of Vogue Australia, Victoria Beckham claims that her family is "much more normal than people think," but the events surrounding her shoot for the issue contradict that claim. A scheduling conflict came up, with Beckham needing to be at a parent-teacher night at son Brooklyn's school after the photo shoot. "The shoot almost didn't happen," the editor-in-chief Edwina McCann says. "Her people decided she could make the trip by chopper directly from the shoot if need be."

Garner is Ms. Independent

Jennifer Garner makes it a point to attend some events without husband Ben Affleck, she tells Allure magazine. "He's such a great date. But it can be too much, especially for women. They can really lose their identity and just become 'wife of.'"

2 CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Dwayne Johnson is full of useful advice and Joss Whedon knows what's going on.

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@josswhedon: SEXY SINGLES IN YOUR AREA are meeting sexier singles in your area & will surround your area with sexy sex while you stare at vodka

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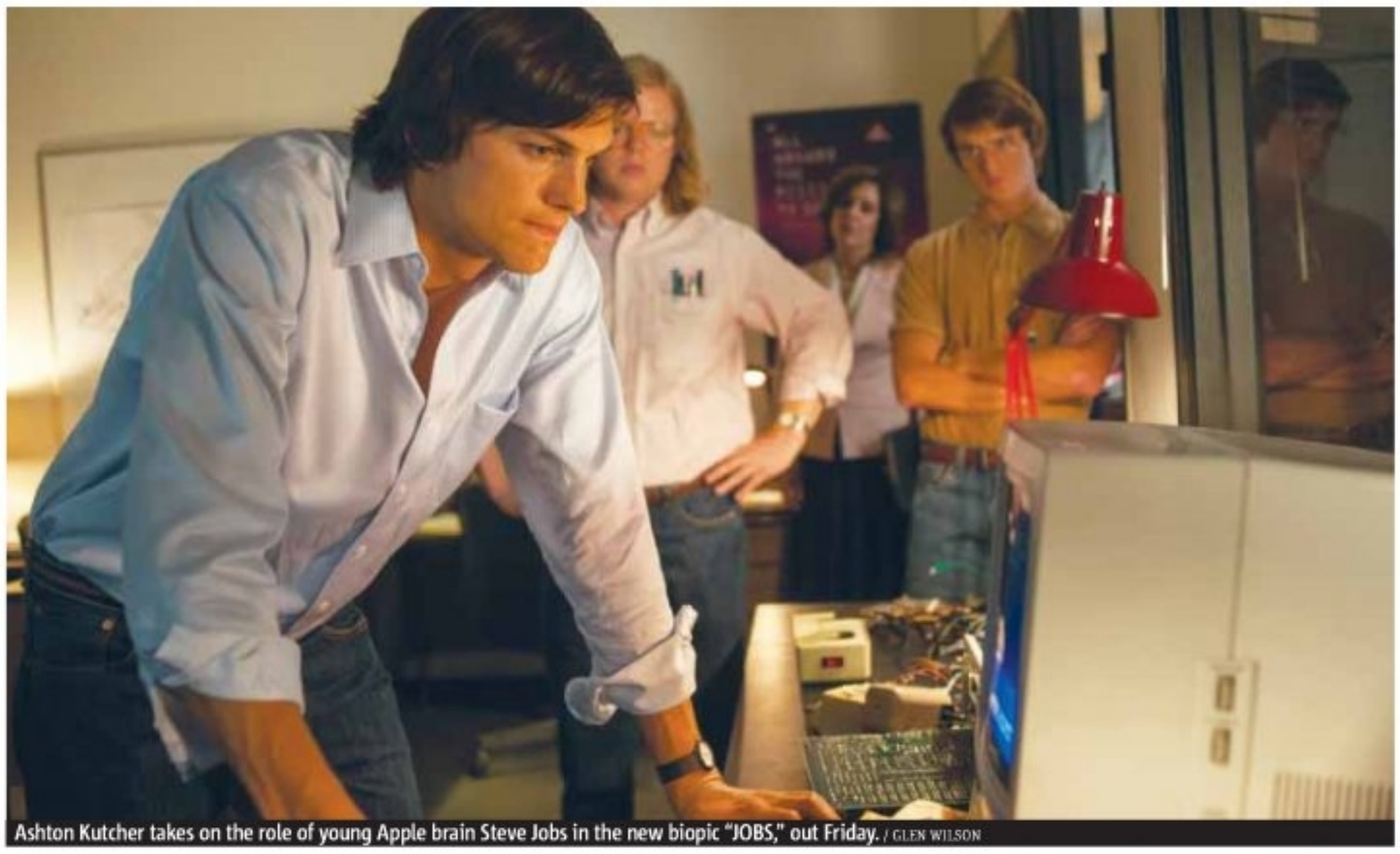

Ashton Kutcher takes on the role of young Apple brain Steve Jobs in the new biopic "JOBS," out Friday. / GLEN WILSON

Tough 'JOBS' but somebody's gotta do it

Movies. Ashton Kutcher went all out in channeling Steve Jobs for his latest role.

Ashton Kutcher knows you were skeptical of his ability to portray Steve Jobs. But that only further propelled him to effectively honor the late Apple great.

"It sucks to be judged before you even have a chance to prove yourself, but that's the world that we live in," the 35-year-old actor says. "For those people, their day will come when people judge them and want to hold their feet to the fire for mistakes or something they haven't done yet. I like a good challenge — tell me I can't do something."

To play the tech wiz in "JOBS" — which chronicles Apple's beginnings and the business obstacles that came after it found success — Kutcher threw himself into the lifestyle that Jobs led, even landing in the emergency room after following the fruitarian diet of which Jobs was a proponent.

"I read a book by this guy Arnold Ehret, which was a book that Steve read, called 'The Mucusless Diet Healing System,'" Kutcher recalls. "I think the guy who wrote that book was pretty misinformed, and my insides got messed up and my pancreas kind of went crazy. The levels were really off and it was really painful."

But not uprooting his life to become the Apple mogul was out of the question, Kutcher says. "He's so well documented I couldn't afford not to resemble him."

Indeed, stepping into that black turtleneck (at least for one scene) was a character study for Kutcher, who says he had never met Jobs and only "had a mild appreciation for the products he created." But shedding light on Jobs the human, who had flaws just like the rest of us, was important to the actor.

"I just wanted to honor his legacy and do so honestly," he says. "I didn't want to glorify him. I didn't want to vilify him. I just wanted to tell the truth. There's a lot of conflicting stories, but we just tried to tell the most honest interpretation of his story that we could."

Some might be surprised to see those less-than-admirable moments play out on screen, like when Jobs' temper gets the best of him. But Kutcher says there was a method to the genius' madness.

"I think the thing that people misunderstand about Steve is, you see these old-school football coaches screaming at their players, but their whole goal is to make the players better," he says. "The players, when they win, they actually appreciate that. ... Sometimes he would run over the family in an effort to save the baby. He had a blunt honesty that most people are afraid to have. He actually cared enough about the end result that it was OK if you didn't like him."

MEREDITH ENGEL
meredith.engel@metro.us

Unplugging

Going feral

During our chat, Kutcher had his white iPhone out on the table — but the actor swears he can go without Jobs' arguably most indispensable invention.

"I can live without it," he says. "I actually test that once a year. I do a week of technology cleansing. I put my iPhone away, don't turn on the TV, no music, no anything, and try to get all that stuff out of my life — eliminate the distractions and make sure that I'm still focused on the things I want to be focusing on. A lot of times these things become everybody else's to-do list for you, and they become great distractions and things that prevent you from being in the moment. Also, I have a little bit of a survivalist part of me that wants to know that if everything else falls apart, can I still maintain myself and the people I care for?"

Quoted

"I just wanted to honor his legacy and do so honestly. I didn't want to glorify him. I didn't want to vilify him. I just wanted to tell the truth."

Kutcher, on portraying Steve Jobs

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jm Curley brings da food ruckus

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It's officially been 20 full years since the release of "Enter the Wu-Tang (36 Chambers)" and it's been almost a full decade since Ol' Dirty Bastard went to that great big studio in the sky. As such, jm Curley is properly paying homage to Wu Tang Clan and Ol' Dirty — in the form of a taste bud-exploding "Dirt Dog," complete with flecks of 24-karat gold teef leaf and malt liquor mustard.

jm Curley's kitchen mastermind Samuel Monsour, expert at tapping both your inner class act (caviar service, anyone?) and no-shame junk food aficionado, also happens to be an eternal Wu fan. When it came time to update Sammy's 7 — a special's board of seven plates with rotating themes — the stars aligned.

"I think somebody said it as a joke to me because they knew how much I love them," Monsour says when we meet him in jm Curley's basement kitchen, (he shows us a personal playlist dubbed, "Now That's What I Call Wu-Tang" before we head back upstairs). "They were probably kidding, but it planted something in my brain."

Monsour scoured his encyclopedic knowledge of all things Wu and stressed over including a quote from all nine members into seven items.

"The first thing I did was write down every single quote I could think of that might be pertinent," he says. "I was thinking about doing something around a honey-dipped blunt, because RZA smoked honey-dipped blunts at the Wu mansion and transformed into Bobby Digital, you know? But, a lot of stuff like that didn't make the cut."

What did make the cut is a selection of items that would make even the most die-hard, badass Wu-Tang devotee blush with pleasure, and the most snobbish food geek drool.

"I've always cooked listening to Wu-Tang, because when I was 13 and a dishwasher in my dad's restaurant, the guys always listened to them in the kitchen," he explains. "Since then, it's been a weird, comforting thing to listen to them when I cook. It brings me back to my roots."

CASSANDRA LANDRY
@EatDrinkWrite

This is a dog even an Ol' Dirty Bastard would love. / SAMUEL MONSOUR

Peep the menu

- "36 oz of Death Burger — I got mouths to feed, unnecessary beef is more cows to breed." — GZA ($36) [C.R.E.A.M. cheese, roasted shitakes, red curry ketchup, pickled scallions and tons of fries]
- "Chicken & Broccoli Wallies lookin' stinky with his man straight from Raleigh-Durham" — Ghostface Killa ($15) [Chicken and broccoli stir-fry risotto with fried egg]
- "N—s is foul, and it's DUCK season!" — Method Man ($9) [Crispy duck spring rolls with sweet-and-sour dipping sauce]
- "I sang a song from Sing Sing, sippin' on ginseng" — U-God (Free!) [Ginseng popcorn]

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Fierce furnishings at the W

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Audrey presides over the bedroom.
DEREK KOUYOUMJIAN

Holman chose a subtle color scheme.
DEREK KOUYOUMJIAN

House call. We take a peek at a luxe new bachelorette pad.

Amy Holman didn't exactly love law school. "I think I was the brunette version of 'Legally Blonde,'" she laughs. So, after practicing for a few years, the Newton native decided to pursue her real passion: beauty. Earlier this summer she opened her Newbury Street business, Femme Fatale Airbrush Tan, Boston's first custom airbrush-only salon. Femme Fatale uses the same state-of-the-art system that gives Miss USA contestants their pageant-perfect glow.

No surprise, then, that she also keeps a radiant home. Two months ago, she moved in to the Residences at W Boston, lured by the Manhattan-style vibe. She outfitted the space in a style not dissimilar to her salon: Both are feminine and welcoming, a marriage of old-school romanticism and contemporary, single-in-the-city chic. We dropped by to check out Holman's new place and ask the glam guru what every woman needs to create a beautiful bachelorette pad.

A vision

Holman purchased every furnishing and home decor item online. By taking careful measurements, and trusting her gut, she avoided her most dreaded chore: "mall shopping." That her mom is an interior decorator also helped. They have different styles, but growing up with an aesthete helped Holman internalize basic design knowledge. (For instance: Pairing high-backed armchairs with a low couch plays with height and dimension.)

Role models

Every woman should be the queen of her castle, so take cues from regal beauties that came before. A big framed Audrey Hepburn photo in Holman's bedroom honors the classic Hollywood screen sirens that are her style inspiration, hence the room's regal tones of purple and silver, and the home's glitzy, girly accents (like a kitchen chandelier).

Closet space

The former New Yorker knows what it's like to be short on storage. "Remember 'Sex & the City,' how Carrie keeps her shoes in the oven?" she laughs. Inside her huge, white, custom-built "entertainment center" you won't find a single DVD: just surplus from her 100-plus heels collection. It looks like a built-in, but is actually a standalone piece. She used it as a sleek focal point around which to build the rest of the room and accessorized with decor in Mediterranean hues of rich blue, pale yellows and subdued greens.

SCOTT KEARNAN
@TheWriteStuffSK

PLUS

Healthy outlook

Holman's favorite W perk is the 24-hour fitness center, which lets her work in a workout when her schedule allows. That commitment mirrors her business approach. "I see girls in their 20s who look like they're in their 40s from tanning beds," says Holman, who hopes more will convert to sunless airbrushing. "It's a mind-set change, to understand that you can look the same you would from a day at the beach, but in a healthier way."

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By Attorney George Warshaw

Every mortgage commitment has "conditions" – rights that permit the lender to later refuse to provide a mortgage. The most common and expected is that the title to the property must be good and sufficient.

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In the end, it's important to always read the fine print!
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GWA

George Warshaw is a well-known attorney and author. He represents buyers and sellers of homes and condos in Massachusetts, and prepares wills, trusts, and estate plans. George welcomes new clients and questions. Contact him at metro@warshawlaw.com

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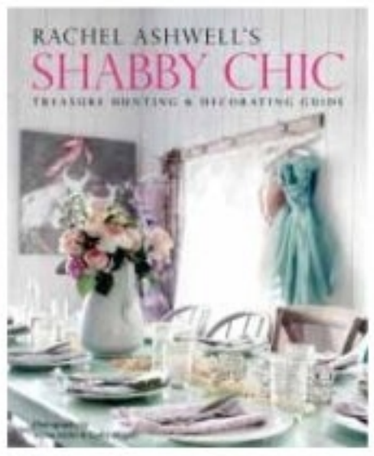
Treasure hunting with Rachel Ashwell

Decor. The creator of Shabby Chic design shares her tips on shopping the flea market like a pro



Even though it's been 15 years since Rachel Ashwell's "Shabby Chic: Treasure Hunting & Decorating Guide" was released, the queen of thrifting still sees people walking around flea markets with the classic tome in hand.

"It's become a little bit of a flea market bible," she admits.

Well, navigating those antique-filled aisles just got a bit easier as HarperCollins recently re-released the book in paperback. To further help your scavenging adventures, we checked in with Ashwell for tips on scoring the best trinkets and treasures.

Early bird gets the worm

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"Start early. Be there the minute the market is open, if not before. You gotta find those treasures and if you snooze, you lose."

Have a game plan

"When I go clothes shopping I get overwhelmed if I don't have my shopping list and end up coming back with nothing. If you're a specific shopper, then have items in mind."

Measure beforehand

"Know the size of a table or cabinet you're looking for, and not just the size of where it's going live, but how it's going get there. There's nothing worse than measuring for a beautiful, big cabinet but it has to go through a teeny hallway."

When to negotiate

"Before I even look at a tag, I ask myself, 'What's the most I'll pay for that mirror?' So I already know where the price needs to be. If it's higher than that price, I'll ask respectfully, 'I'm sure it's worth that, but for my purpose I can only pay $50. I don't want to insult you, but I'd love to buy it for that. If not, no hard feelings.'"

Don't go crazy with tchotchkes

"As long as an item is beautiful and functional — meaning as long it gets used. I can't bear curiosity cabinets that are just filled with pretty things that are never going to get used. So make sure it has a purpose before you buy it."

A little paint does wonders

"I like to find things that have authentic paint on them. I love the original patina. But obviously, if you go to garage sales, you can find these huge tables or cabinets that cost nothing because they're an awful dark mahogany. Paint can really go a long way with bringing something back to life."

Get lamps checked professionally

"No matter what, I always get any vintage lamps and lights checked by a professional, even if they've been re-wired. I still go that extra mile just to make certain."

Quoted

"Flea market shopping is not instant gratification. It's not Pottery Barn or Restoration Hardware, where you go online and you click and buy 12 things. But I find it the most pleasurable way to shop. In the end, you have collections of pieces with meaning and uniqueness."
Ashwell

Floral fabrics give old boxes a classic Shabby Chic look. / ALL PHOTOS BY WYNN MILLER & CATHY MCGILL

Rachel Ashwell says her favorite place to flea market in the U.S. is Round Top, Texas.

Spruce up your finds

"When I find authentic pieces I like to embrace it's authenticity, i.e. its finish. Then I like to give it a little bit of a new life with perhaps some new or vintage hardware. Also, make sure to clean items well first. I use a big bucket with warm water and soapy suds with a sponge. Sometimes drawers or cabinets are very musty. Try lining them with wallpaper, that gives it a nice fresh feel."

Shopping tips

Look for chandeliers.

Great items to scour flea markets for:

- Wall mirrors
- Lamps, chandeliers
- Cabinetry
- Mixed-matched china
- Candlesticks
- Glassware

TINA CHADHA
tina.chadha@metro.us

Affordable Rental Opportunity

Gatehouse 75

75 West School Street, Boston, MA 02129 • www.Gatehouse75Lottery.com

13 Affordable Units

# of Units	Type	Rent	% Income
1	Studio	$1,024	70%
4*	1 Bed	$1,194	70%
8**	2 Bed	$1,365	70%

*1 Handicap accessible unit available,
**1 Handicap Accessible unit available & 1 Hearing Impaired unit available

Maximum Income Per Household Size

HH size	70%
1	$46,250
2	$52,850
3	$59,450
4	$66,100
5	$71,350
6	$76,650

Households may request an application be sent by email or mail from
August 22nd - September 4th through the following methods:

Website: www.Gatehouse75Lottery.com • **Phone:** 617-209-5407 – US Relay 711
Applications will also be available in person on the following dates and times:
Location: **Lobby – 75 West School Street, Charlestown, MA 02129**

Date	Time
Thursday, August 22nd	10:00AM - 2:00PM
Saturday, August 24th	10:00AM - 2:00PM
Tuesday, August 27th	3:00PM - 7:00PM

Return completed applications by mail only, postmarked no later than
September 11th, 2013
Maloney Properties, Inc.
Attention: Gatehouse 75
27 Mica Lane, Wellesley MA 02481

Selection by lottery. Asset, Use & Occupancy Restrictions apply.
Preference for households displaced by Charlestown Urban Renewal for up to 50% of the units.
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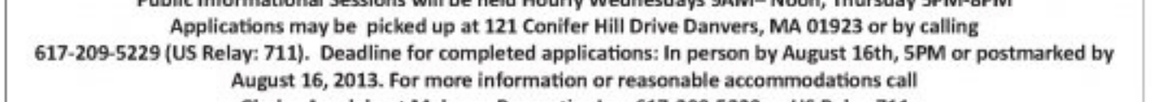

Applications available August 5th to August 16, 2013 on the following dates & hours:
Mon, Wed & Fri 9AM-5PM, Tue & Thur Noon to 8PM, Saturday 10AM-2PM
Public Informational Sessions will be held Hourly Wednesdays 9AM– Noon, Thursday 5PM-8PM
Applications may be picked up at 121 Conifer Hill Drive Danvers, MA 01923 or by calling 617-209-5229 (US Relay: 711). Deadline for completed applications: In person by August 16th, 5PM or postmarked by August 16, 2013. For more information or reasonable accommodations call Gladys Agudelo at Maloney Properties Inc. 617-209-5229 or US Relay 711
Application Selection by Lottery: Lottery to be held Tuesday, August 27, 2013.

Available Unit & Rent Information					Maximum Annual Income Limits		
# Units	Type	Rent	HH #	Income Limit	HH Size	60% AMI* (73 units)	50% AMI* (5 units)
1	1 Brm	50% AI*	1-2	50% AMI	1	$39,660	$33,050
2	2 Brm	30% AI*	2-4	50% AMI	2	$45,360	$37,800
2	3 Brm	30% AI*	3-6	50% AMI	3	$51,000	$42,500
8	1 Brm	$922	1-2	60% AMI	4	$56,640	$47,200
55	2 Brm	$1,102	2-4	60% AMI	5	$61,200	$51,000
10	3 Brm	$1,265	3-6	60% AMI	6	$65,760	$54,800

Local Danvers Preference applies. Preference for households needing accessible apartments (two 2brm @ 50% AMI, one 2brm @ 60% AMI, one 3brm @ 50% AMI). Voucher holders are welcome.
Resident responsible for utilities except water & sewer.

Developed & Owned By: Kavanagh Advisory Group, LLC

*AMI = Area Median Income
*AI=Adjusted Income

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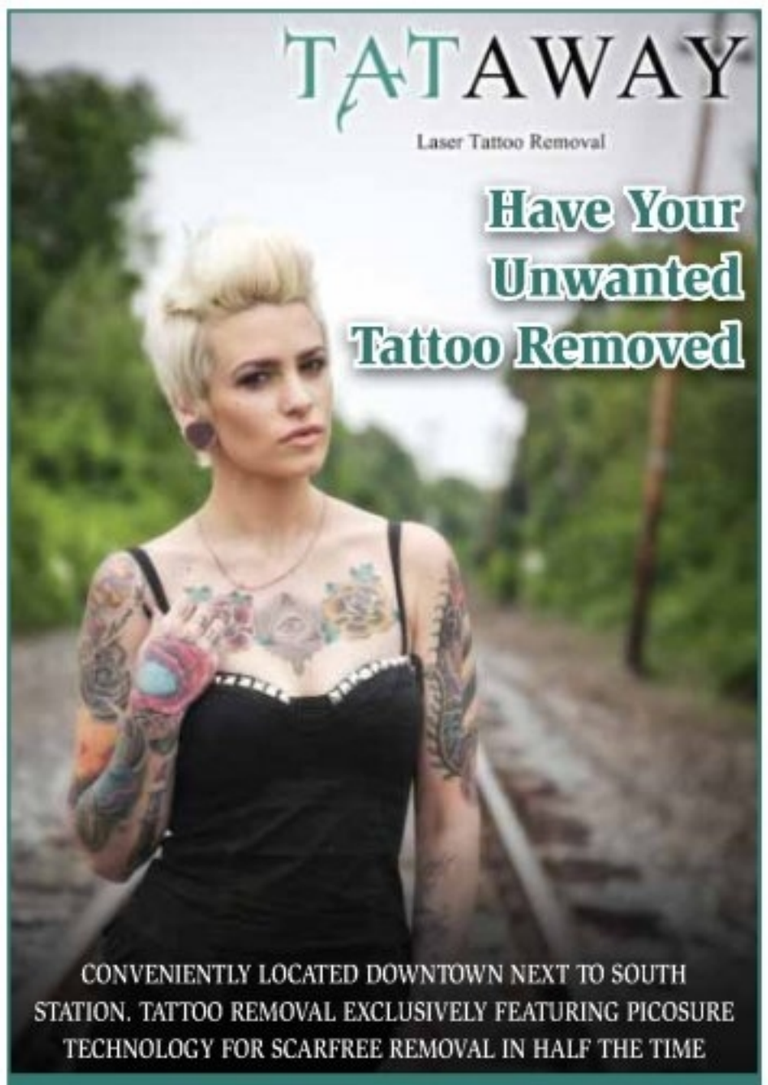
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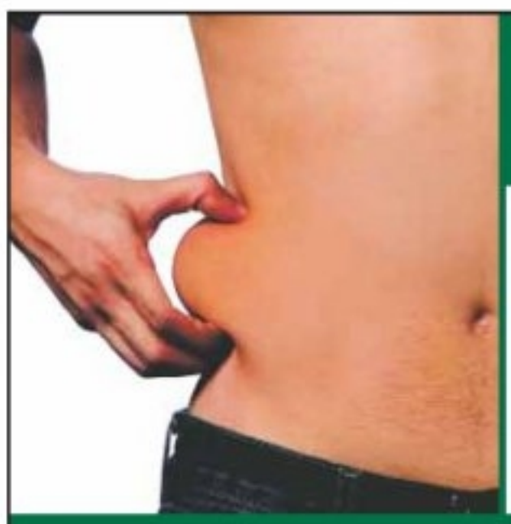
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Avoid the dreaded vacation weight gain

Summer health.
Easy ideas for coming home without tighter clothes.

Take advantage of fitness opportunities you may not regularly have at your disposal — like kayaking. / DIGITAL VISION

Souvenirs aren't the only extra baggage people often bring home from summer vacations. What with all the eating and drinking and lazing on the beach or by the pool, the hard work getting into shape for the beach can be easily undone. We asked Peter Lavelle, founder of and trainer at Ultimate Bootcamp, New England's largest outdoor fitness organization, for tips on arriving home flab-free.

Pack sneakers!

"If you're in flip-flops, you're far less likely to keep moving throughout the day," he says. "Wear sneakers, which allow you to sightsee and move from place to place without your legs and feet becoming tired quickly."

Don't just lie there

"It's easy to see vacation as laying on a beach," Lavelle says. "There's no reason it shouldn't be, but you can earn that beach time by going on some excursions. The more active the excursion, the better. Kayaking, snorkeling and hiking are all great ways to stay active. Rent a couple of bikes and see where it takes you. While you're out there having a blast, you'll be burning the calories too."

Pack an exercise band

"You'll be more likely to do some muscle-sculpting in your hotel room," he says. "Do some exercises before breakfast or while waiting for the shower. If you don't own a resistance tubing band, buy one that comes with a chart of exercises."

Stay slim, stay cool

If you're in a warmer climate, "beat the heat by choosing cold menu items," Lavelle says. "Salads and other cold dishes are less likely to be fried and more likely to get you your daily fiber dose."

Water up

"Staying hydrated, especially in sunny spots, is imperative. Chugging extra water isn't just good for your health, it will also make you feel fuller, longer."

LINDA CLARKE
letters@metro.us

Movement

Kids may not offset extra exercise at school

Children who exercise at school don't make up for the extra effort by being less active at home, according to a new U.S. study that used accelerometers to track kids' activity levels.

"What this argues for is we should be increasing activity in schools," said Michael Long, the lead author of the new study and a post-doctoral research fellow at the Harvard School of Public Health in Boston, Mass.

Get kids moving. / DIGITAL VISION

The Centers for Disease Control and Prevention recommend that kids get at least one hour of physical exercise during the day, but less than a third of high school students meet that goal.

Although more experimental research is needed to confirm whether or not children compensate for exercising at school, there is little argument about the benefits of physical activity for kids.

Long said that it's important not only for their health, but it may also improve children's mood and their ability to concentrate. **REUTERS**

Horoscope

♌ Leo | July 23-Aug. 22.
Think before you speak. Problems will develop between you and someone you care about if you aren't diplomatic.

♍ Virgo | Aug. 23-Sept. 22.
Share your talents, offer your services and, most of all, you should enjoy interacting with the people you encounter along the way. New friendships will lead to interesting and unusual opportunities.

♎ Libra | Sept. 23-Oct. 22.
Devote time to getting ahead. Whether you work for yourself or someone else, the extra attention to detail will pay off as long as you don't bite off more than you can chew.

♏ Scorpio | Oct. 23-Nov. 21.
Let your emotions lead the way. You can expand your awareness as well as your interests if you follow your heart. Connect with people from different backgrounds.

♐ Sagittarius | Nov. 22-Dec. 21.
Express your ideas and plans in clear, concise language. Listen to the suggestions of others. Success can be yours as long as you are realistic.

♑ Capricorn | Dec. 22-Jan 20.
Stick to what you know and steer clear of impulsive or erratic people. You can achieve stellar results if you have the facts and figures to back your actions.

♒ Aquarius | Jan. 21-Feb 18.
Limitations are likely, but they mustn't be allowed to get in the way of your goals. If you look for ways to overcome obstacles, you will impress onlookers with your resourcefulness.

♓ Pisces | Feb. 19-March 20.
There is money to be made if you have a mind to it. An old idea can be recycled to suit the current consumer climate. Love is looking positive.

♈ Aries | March 21-April 20.
Don't share too much information with others until you are sure that your plan will work. Refrain from being impulsive.

♉ Taurus | April 21-May 21.
Problems with partners, children or money will surface if you haven't budgeted wisely. Get your priorities straight and do what's necessary.

♊ Gemini | May 22-June 20.
Offer suggestions but don't do the work that someone else is responsible for. Focus on home and how you can make your surroundings more complementary to your changing lifestyle.

♋ Cancer | June 21-July 22.
A vacation that encourages thought, inspiration and motivation would pay for itself. Talk to people who can shed light on an idea or situation for insight. BERNICE BEDE OSOL

Letters

Good ideas for quality time

Re: 'How to help your children relax' (Metro, Aug. 13) I read your article and I just wanted to say thanks. As a busy mom, you have no real time with your children. The belly exercise, positive self talk, imagine a special place and encourage expressing feelings suggestions are so important. I started doing this with my three children and they love it. This is our special time together — thanks.
TANYA ABREVAYA, VIA EMAIL

Give Chris Brown a break

Re: 'Chris Brown suffers seizure' (Metro, Aug. 12) In your column The Word, you saying Rihanna nearly died as a result of her physical altercation with then boyfriend Chris Brown. Really! I think you might be rewriting history to suit your gossip column needs. Or did I read different media accounts of the incident and see a different snapshot of Rihanna, after the incident, than you did? And, yes, it is time for you to move on. You and your kind have taking your pound of flesh! Chris Brown, was much younger when this happened between him and Rihanna. What's your excuse for being mean and nasty?
TRELINDA FARRER, VIA EMAIL

Metro: Your go-to paper for common sense

Re: 'How to hack your commute and relax' (Metro, Aug. 12) I owe an eternal debt of gratitude to your newspaper, having just read your feature. Wow! Life-changing stuff! If I hadn't had the pleasure and good fortune of coming across this article, I would never have known to get up on time to catch my train, read a book on my commute or follow your suggestion to do nothing on my way to work.
SABINE KALOUTIAN, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

				7	6		4	
						1	7	2
2	3						5	6
4		1		2				5
			8		9			
3				6		2		9
6	8						2	3
7	5	9						
	2		5	4				

	8		5	9				
3		1	2		6		7	5
	9				7			
9		7				1		2
8		4				7		3
			3				1	
6	5		7		1	3		9
				5	2		4	

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across
1 Utter chaos
6 Canute's foe
10 Down Under rockers
14 Ms. Massey of film
15 Early toon clown
16 Mies van der —
17 Throws a party for
18 Foreign-exchange cost
19 Coffee source
20 Temper
21 Absolutely (2 wds.)
24 Fishing spots
26— wheel
27 Electrical unit
28 Trims back
30 Mongol tents
33 Rafter
34 Cajole
37 Fr. ladies
38 Nader or Bellamy
39 Della Street's penner
40 Military addr.
41 Advances
42 Twice as tricky
43 Chops fine
44 Aunt or bro.
45 More sore
48 Cape waver
52 Backstage necessity (2 wds.)
55 Finish the cupcakes
56 Genuine
57 Feels crummy
58 Supple
60 Icicle locale
61 Sugar amts.
62 Sen. Kefauver
63 Barely scraped by
64 "No sweat!"
65 Mall tenant

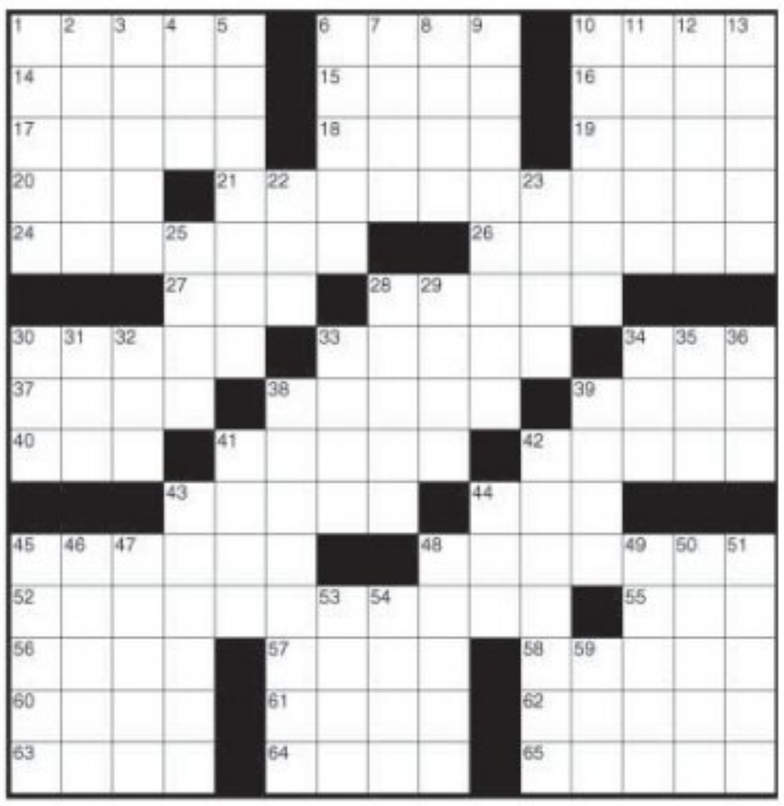
Down
1 Platter players (hyph.)
2 On the lookout
3 Franchise exerciser
4 "The loneliest number"
5 Algiers districts
6 Approves
7 Trademark
8 Quite similar
9 Sole, e.g. (2 wds.)
10 Where roses climb
11 Pierre's heart
12 Abu —
13 Pennies
22 Comic – Philips
23 Govt. branch
25 911 staffers
28 Winter ailments
29 Cup edges
30 Five-octave Sumac
31 Strike caller
32 — Speedwagon
33 Tarzan's mate
34 Dryly humorous
35 Flamenco shout
36 Poet's contraction
38 Make over (hyph.)
39 "First Lady of Song"
41 Twists the truth
42 Comes to terms
43 Rang up
44 Left in a hurry
45 Jibe with
46 Spooky noise
47 "Ho" preceder
48 Young girl
49 "Same here!"
50 Yellow pigment
51 Ms. Witherspoon
53 Galileo's home
54 Brenner Pass locale
59 "Hobby" ender

Yesterday's answer

F	U	N	G	I	■	P	A	L	E	■	M	I	C	A
A	S	I	A	N	■	I	L	E	S	■	O	N	U	S
D	E	L	I	S	■	T	O	W	T	R	U	C	K	S
■	■	■	E	T	C	H	E	D	■	A	S	H	E	N
C	E	R	T	I	F	Y	■	P	T	S	■	■	■	■
O	N	E	I	L	L	■	E	M	C	E	E	I	N	G
G	R	U	E	L	■	S	T	A	B	S	■	B	Y	U
N	I	B	S	■	D	O	U	G	S	■	C	E	L	L
A	C	E	■	R	I	N	D	S	■	C	A	R	O	L
C	O	N	V	E	R	S	E	■	M	O	L	I	N	E
■	■	■	A	N	T	■	■	B	A	L	L	A	S	T
S	T	O	N	E	■	P	L	U	N	G	E	■	■	■
H	O	L	D	W	A	T	E	R	■	A	D	A	G	E
A	R	I	A	■	C	A	N	S	■	T	I	B	E	R
W	O	O	L	■	T	H	A	T	■	E	N	A	T	E

Interactive Crossword

You can use your smartphone to discover today's crossword answers — right now! Download and open the Blippar app on your smartphone and hold the screen over the puzzle. It's that easy!



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3 SPORTS

BOSTON

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Watch online

Find a recap and video from last night's Red Sox-Blue Jays game: **Metro.us/sports.**

POPULARITY OF THE NFL WON'T LAST FOREVER

Opinion

MATT BURKE

MATTHEW.BURKE@METRO.US

Came to this realization the other day: Every "major" professional sport but the NFL is a "niche sport."

Consider this. The first NFL preseason (repeat, preseason — as in, doesn't count) game broadcast on national TV this year had better national ratings than this year's Stanley Cup Final (average over six games), this year's NBA Western Conference Finals and last year's World Series games.

Roger Goodell's gravy train has zero lumps and isn't scheduled to spill anytime soon. And we should enjoy it this fall and every fall for the foreseeable future. It remains the perfect TV sport, and it is ingrained in our American fiber. It long ago took baseball's spot as America's pastime.

But 25 years from now? Things may be a tad different.

Fewer and fewer children are playing football because of its dangerous nature. The concussion crisis has been well-documented. There are other, less-discussed issues that could slowly but surely lower the unbridled popularity of Goodell's league.

The "pink elephant in the room," as Alex Rodriguez would say, is that the NFL should run into major issues when it come to performance-enhancing drugs.

Yes, we have already seen performance-enhancing issues in the NFL, but they have merely been blips on ESPN's "Bottom Line" scroll, enraging few. When will the masses become enraged? Likely when a top-line quarterback gets busted or when a superstar player on a Super Bowl winner gets brought down.

The NFL is riding high with superstars like Tom Brady. / GETTY IMAGES

Human growth hormone use in the NFL is "rampant," according to a May report from the Milwaukee Journal Sentinel. The story quoted an anonymous NFC starter that said at least 10 to 15 players on each NFL team use HGH. The league and the NFL Players Association are moving disturbingly slow in developing a complete HGH testing method. In fact, they are just now getting around to agreeing on plans for a "population study," with full-blown HGH testing coming "down the road."

When the testing is finally in place, there are sure to be major violators and major suspensions. How quick will the public forgive?

But the main reason as to why it's wholly unlikely that the NFL will still be ruler of the sports universe in 2038 is that nothing lasts forever. Had you told a boxing fan in the late 1960s, at the height of Muhammad Ali's popularity, that boxing would be less popular than basketball, hockey, soccer and curling (what's curling?!) in 2013, that person would have put his cigarette out on you in disgust. At the time, boxing, horse racing and baseball were king. Today, two of the three are lucky to get 30 seconds of play on SportsCenter. The other is just a niche sport, battling it out with the NBA and NHL for second place.

MLB

Braves fan spoke to his mother just prior to fatal fall

An Atlanta Braves fan died at Turner Field Monday night after falling more than 80 feet into the players' parking lot. Witnesses told police yesterday that no one else was standing near 30-year-old Ronald Lee Homer when he fell over a fourth-level railing at the baseball stadium.

Police said there was no indication of foul play. Homer's mother said in an interview yesterday that she had talked to her son via cell phone moments before his death and that he said he was about to head to his seat.

METRO

NFL

Revis now has kind words for Patriots

Tampa Bay cornerback Darrelle Revis once agreed with Antonio Cromartie's claim that Tom Brady was an "a—hole" and once labeled Bill Belichick as a "jerk" on ESPN, but Revis had nothing but compliments for the Patriots at a joint practice yesterday in Foxboro.

"It's a race between him and Peyton Manning, but it's a good race between both of them," Revis said of Brady when asked about the best quarterbacks in the NFL.

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Red Sox owe some thanks to the farm

MLB. Patchwork has paid off for the Red Sox whenever a big name goes down with an injury.

Brock Holt has been solid in a part-time role for the Sox. / BOSTON GLOBE

The Red Sox have had 20 disabled list stints for 17 players this year, ultimately leading to 633 games missed. Without making a major trade to fill the voids, one would expect the team to scuffle.

That hasn't been the case as the Red Sox lead the AL East and have the best record in the American League. This is due in large part to contributions from players coming up from Pawtucket, including Jose Iglesias and Jackie Bradley Jr., and more recently there have been Brandon Workman, Drake Britton, Brock Holt and Brandon Snyder, among others.

"It speaks to the depth in the organization and the strength of our scouting and development staff," said catcher Ryan Lavarnway, who has been with the team since mid-June filling in for the injured David Ross. "You have to give them a lot of credit for picking the right guys and helping them grow into big league players. These guys come up and are ready to produce and help us win every day."

It is a bit different going from playing every day in the minors to the inconsistent nature of the big leagues.

"It's definitely different, but any opportunity we're given [we are] trying to take full advantage of it to help us win," Lavarnway said. "We saw two years ago how one win can really make the difference, so we go out there every day and battle hard."

Workman and Britton started the year in Double-A and now are pitching in the middle of a playoff race. They've done quite well since being called up as Britton went 10 1/3 innings before allowing his first run last week in Houston, while Workman recovered from a tough outing against the Astros with a scoreless inning and a third against Kansas City.

RYAN HANNABLE
sports@metro.us

Have you had a heart attack or stroke within the last 5 years?

If so, you may be eligible for a clinical research study to find out if an investigational medication may reduce the risk of cardiovascular events.

You may be eligible if you meet the following criteria:

- 40 to 85 years of age
- Diagnosed with heart attack or stroke in the past 5 years

There are other eligibility requirements that the study doctor will review with you if you are interested in participating in this study. Only the study doctor can determine whether you are eligible to participate in the study or not.

To learn more and find out if you may qualify: Call Atlantic Clinical Trials, LLC at 617-393-1929

Does your child have major depressive disorder?

If your child is 12 to 17 years old and has been diagnosed with major depressive disorder (MDD) or has been having feelings of depression for at least the past 6 weeks, he or she may be eligible to join the STEADi (Study To Evaluate an Adolescent Depression Investigational drug) clinical research study.

The study is being done to find out if an investigational drug is safe and if it works for adolescents with MDD. The drug is currently FDA-approved in the United States for use only in adults. The study will last for about 10 weeks and there will be about 9 study visits.

To learn more: Call Adams Clinical Trials at (617) 387-1706 or e-mail info@adamsclinical.com

Are you a male 26 years old or older?

Do you have problems with ejaculation (release of semen)?

MHB MEN'S HEALTH BOSTON

Men's Health Boston is offering a research study for men looking at the effects of an investigational medication on ejaculation.

You may qualify if:

- If you are unable to ejaculate
- It takes you a longer time to ejaculate
- You experience decreased force of ejaculation
- You think your semen volume is low

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Please call us if you would like more information.
617-277-5000
www.menshealthboston.com

Forsyth
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245 First Street, Kendall Square, Cambridge, MA 02142

DO YOUR GUMS BLEED?
DO YOU THINK YOU HAVE GUM DISEASE?

Our 12-month long study requires a screening appointment to see if you qualify.

- Over 18 years old, with bleeding gums
- Gum disease

If you qualify:

- Your gum treatment will be provided to you at no charge.

Additional compensation - you will also receive up to $900 upon completion of the study.

If you are interested please call or email for more information:
617.892.8600 | clinicaltrialsinfo@forsyth.org

DO YOU HAVE TYPE 2 DIABETES?

Looking for men and women between 18-65 controlling their **T2D with diet or Metformin** (no other diabetes medication) take part in a research study of **8 study visits over 2 months.**

If you are eligible:

- You will receive **$600** as compensation for participation
- MBTA passes or parking voucher will also be provided

To learn more

Email: mantzlab@bidmc.harvard.edu or call Lesya at 617-667-1656

DIRECTORY

Medical Research

To place an ad call Yasmin Nasrullah at 617-338-7861 or email yasmin.nasrullah@metro.us or Michael Doane at 617-338-6731 or email michael.doane@metro.us

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Alcohol Drinkers and Tobacco Smokers Wanted

Researchers at McLean Hospital are looking for healthy male volunteers for a study on the effects of nicotine on alcohol drinking.

You can earn up to $425 for this 4-visit study.

You may qualify for this study if you:
are 21 - 40 years old • are willing to have MRIs
Occasionally use alcohol and tobacco

Round-trip transportation provided

For more information please call Stacey

1-617-855-2359

All calls are completely confidential

www.metro.us

Have you experienced a trauma? Are the following symptoms affecting your daily life?

- **Nightmares or flashbacks**
- **Avoiding people or places that remind you of the trauma**
- **Anxiety or fear**
- **Difficulty sleeping**

If so, you may be eligible to participate in a study of an investigational medication for Posttraumatic Stress Disorder (PTSD) at VA Boston Healthcare System in Jamaica Plain.

Compensation up to $750.

Eligibility:

- **Men and Women 18-65 years of age**
- **Veteran or civilian with PTSD**
- **Medically healthy and not on other psychiatric medications**

(e.g. benzodiazepines, antidepressants, antipsychotics, SSRIs)

To learn more, please contact:

(857) 364-5568

Do you have arthritis, lupus, fibromyalgia or chronic low back pain?

BOSTON UNIVERSITY

- Do you have any concern about your ability to work now or in the near future due to your health?
- Are you 23-65 years old and living or working in Massachusetts?

If so, you might be interested in a research study on ways to remain employed. To find out more about the **"Work It"** study
Call 1-866-269-1027 or email workit@bu.edu

Fibromyalgia

- **Adults with fibromyalgia needed for a study**
- **Up to 48 FREE Tai Chi or Aerobic Exercise sessions**
- **Compensation is available**

Contact Tufts Medical Center
(617) 636-8682 • FMEx@tuftsmedicalcenter.org

Are you still Depressed?

Taking medication to treat depression, but still feel **Flat? Unmotivated? No enjoyment of life?**

Boston Clinical Trials is conducting a new research study of Investigational medication for **DEPRESSION.**

Call today **(617) 477-4868** or email studies@bostontrials.com

Compensation for participation

Free parking, near public transportation, evening appointments available.

BCT Boston Clinical Trials

For more information visit **www.bostontrials.com**

DO YOU KNOW SOMEONE WHO SUFFERS FROM SUDDEN URGES TO URINATE AND INCONTINENCE?

If the answer is yes,

We're conducting a clinical research study of an investigational combination of two approved study drugs for overactive bladder. Each of the study drugs works in a different way to each other, so the investigational combination is being evaluated to see if it may offer additional relief the patient is looking for

Participants will receive, at no cost, study-related care, monitoring, and study drug.

If you qualify and complete the study you could be compensated up to $350 for your participation.

To learn more please contact

Bay State Clinical Trials
617-923-0328

WHOLE GRAINS STUDY

Researchers at Tufts University Invite you to Participate in a Nutrition Study

YOU MAY QUALIFY IF YOU:

- Are 40-65 years old (men and women) (women must be >1yr postmenopausal or had both ovaries removed, if premenopausal)
- Have a BMI between 20-35 kg/m²
- Are not a vegetarian & not diabetic
- Do not have gastrointestinal problems
- Do not smoke or use nicotine products

AND YOU ARE WILLING TO:

- Complete questionnaires
- Have blood drawn, give saliva, urine & stool
- Consume our study diet for 8 weeks, and make multiple visits to the center to pick up study food

TUFTS HNRCA Healthy Aging Through Nutrition Research

Jean Mayer USDA Human Nutrition Research Center on Aging

http://hnrc.tufts.edu

Earn up to **$1225** if you qualify & complete the diet portion of this study, or up to $225 if you qualify & complete study as a control.

For more information please e-mail volunteers-hnrc@tufts.edu or visit http://hnrca.tufts.edu/volunteer/current-studies/
Call **1-800-738-7555** • Ask for study #2720

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Jaheem Toombs, Mr. Sunshine & The Cape

Brittany Curran, Victorious & 13 Going on 30

Kyle Goleman, Nintendo & iCarly

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Please join us at 100 Everett Ave in Chelsea, MA on: Saturday August 17th from 8am-12pm

Delta Management Associates, Inc., a premier provider of tailored collection solutions to the higher education community, is looking for money driven and motivated individuals to support the needs of Delta's rapidly growing client portfolio.

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Schedule is as follows: Monday-Friday: 3 days 8am-5pm & 2 days 12-9pm/1-10pm 2 Saturdays a month (8am-12pm Friday, 8am-12pm Saturday)

Candidates must be able to commit to the shift schedule and pass a background check, drug test and credit screening.

Applicants must register for job fair by applying at http://www.delta-mgt.com

If you plan to attend please contact
Donny @ 603-637-2662, dclark@delta-mgt.com
Or
Brad @ 603-285-6401, berickson@delta-mgt.com

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Must be located on island or willing to relocate. To view additional qualifications & to apply online, please view job #2013204 at: WWW.CAPEAIR.COM/JOBS by August 26th.

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Do you have a legal notice that you need to publish?

Metro is a newspaper of record with the Suffolk Probate, Middlesex Probate and Land Court!

Publishing your notices with Metro will satisfy your legal obligation and can save you money in the process!

Do you need to publish a notice for:

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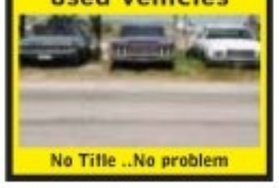

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